



15 minutes of jumping rope

Total for
Calories out = 98

15 minutes of walking

Total for
Calories out = 55

2 3/4 hours of walking

Total for
Calories out = 560

1 1/4 hour of washing a car

Total for
Calories out = 162

Small baked potato with 1 teaspoon butter

Total for
Calories in = 162

Large order of french fries

Total for
Calories in = 560

1 cup of fresh fruit

Total for
Calories in = 98

Small apple

Total for
Calories in = 55